Rethink Your Plate

Fats, Desserts, and Dairy

Fats are important to the diet. However, excess calories from fat can lead to weight gain.

Important things to remember:

Respect the Fats
Watch portions of oils, dressings, mayonnaise, cream sauces, and butter.
Portions should be one-quarter size in diameter.
Nuts, chips, and other snack foods are high in calories. Enjoy them in small portions.

Desserts
Keep desserts for a treat or eat just half.
Try fruit and yogurt or frozen yogurt for dessert.
Share a dessert with a friend.

Dairy
Low-fat dairy is important. Drink skim or 1% milk.
Cheese is high in calories. Portions should be “thumb” size.
Low-fat yogurt and cottage cheese are great sources of calcium and protein.